

REGULAR WEEK AT A GLANCE Winter Menu Fall/Winter 23						
Week1: November 10 to November 16						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>
Cereal,Oatmeal Cereal,Cream of Wheat Egg,Scrambled	Cereal,Oatmeal Cereal,Cream of Wheat Bacon	Cereal,Oatmeal Cereal,Cream of Wheat Egg,Boiled OS	Cereal,Oatmeal Cereal,Cream of Wheat Cheese,Cheddar	Cereal,Oatmeal Cereal,Cream of Wheat Egg,Boiled OS	Cereal,Oatmeal Cereal,Cream of Wheat Egg,Boiled OS	Cereal,Oatmeal Cereal,Cream of Wheat Bacon
Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual
<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>
LUNCH						
		<i>*Soup,French Canadian Pea</i>	<i>*Soup,Cream of Mushroom</i>		<i>*Soup,Cream of Vegetable</i>	
Casserole,Shepherd's Pie	Chicken Gnocchi Soup	Casserole,Macaroni and Cheese	Pizza,Pepperoni 16" OS	Pasta,Spaghetti with Meat Sauce MincedMoist	Crusted Chicken Casserole	Turkey,Herb Roasted
Tomato,Slices Gravy,Beef Bread,Whole Wheat Choice,Ice Cream	YCC Bread Choice,Gelatin	Broccoli Mandarin Orange,Sections	Fruit,Cocktail	Bread,Garlic Pear,Diced	Peach,Diced	Potato,Whipped Mixed Vegetables-Carrots & Peas Stuffing,Traditional Sauce,Cranberry OS Cake,Strawberry Shortcake
Mandarin Orange,Sections Chicken,Pot Pie	Soup,Chicken Noodle Choice,Sandwich Choice,Cookie OS	Choice,Sandwich Choice,Pudding Individual OS	Chicken,Pot Pie Choice,Pudding OS Dry Mix	Sandwich,Egg Salad Mandarin Orange,Sections	Choice,Sandwich Banana,Fresh	Ham,Baked Beets,Diced Pear,Diced
DINNER						
Chicken,Honey Garlic	Beef,Meat Loaf	Ham,Baked Smoked	Sausage,Oktoberfest	Fish,Pollock Breaded OS	Beef,Stew with Potatoes and Vegetables	Soup,Chicken Noodle
Potato,Whipped Mixed Vegetables-California Blend Strawberries	Sauce,Tomato Potato,Country Diced Vegetables,Turnip and Carrot Mashed Donut,Holes Vanilla Cake OS	Potato,Boiled Corn Scallop Cake,Apple Cinnamon Pudding OS	Pan Fried Potatoes Carrots,Sliced Chocolate Macaroon	Sauce,Dill Creamy Potato,Whipped Mixed Vegetables-Montego Blend Choice,Cookie OS	Biscuit,Tea Plain Buttered Pie,Banana Cream	Sandwich,Chicken Salad Choice,Pudding OS Dry Mix
Beef,Roast Beans,Green Gravy,Beef Peach,Slices	Fish,Haddock Baked Potato,Whipped Carrots,Sliced Choice,Gelatin	Chicken,Paprika Beets,Pickled Potato,Mashed Gravy,Poultry	Beef,Roast Gravy,Brown Beans,Green	Chicken,Breast Baked Potato,Baked Peas,Green Choice,Ice Cream	Chicken,Breast Baked Potato,Oven Roasted Peas,Green Choice,Gelatin	Soup,Barley Vegetable Choice,Sandwich Choice,Cookie OS

Meal Notes: Two Crackers are served every day at Lunch with Soup. 3 prunes are available every day at Breakfast. 180 ml Milk is offered at Breakfast,125 ml Milk is offered every day at Lunch and Dinner. 125 ml Assorted Juices (Orange, Apple, Pineapple, Cranberry, Blended, Tropical Passion, V-8 Vegetable Cocktail) are available every day at all meals. Minimum 125 ml Water is offered at every meal. 180 ml Coffee and Tea are offered every day at every meal.

Note: * Indicates standard menu items that are offered with all choices
BASE MENU DEVELOPED BY COMPLETE PURCHASING SERVICES INC./ GESPRA
MENU PERSONALIZED BY: York Care Centre

REGULAR WEEK AT A GLANCE Winter Menu Fall/Winter 23							Week2: November 17 to November 23
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
BREAKFAST							
<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>	
Cereal,Oatmeal Cereal,Cream of Wheat Egg,Scrambled	Cereal,Oatmeal Cereal,Cream of Wheat Egg,Boiled OS	Cereal,Oatmeal Cereal,Cream of Wheat Cheese,Cheddar	Cereal,Oatmeal Cereal,Cream of Wheat Egg,Boiled OS	Cereal,Oatmeal Cereal,Cream of Wheat Bacon	Cereal,Oatmeal Cereal,Cream of Wheat Egg,Scrambled	Cereal,Oatmeal Cereal,Cream of Wheat Cheese,Cheddar	
Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual	
<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	
LUNCH							
Chicken,Bruschetta Alfredo Bread,Garlic Stick Choice,Ice Cream	Beef,Hot Dog on a Bun Potato,Tots OS Pie,Lemon Meringue OS	Casserole,Beans Baked and Sausages Choice,Pudding OS Dry Mix	Sausage Zucchini Soup YCC Bread Banana,Fresh	Shipwreck Casserole Bread,Dinner Roll White Mandarin Orange,Sections	Chili,Beef Bread,Garlic Pear,Diced	Fish,Salmon Parmesan Crusted OS Potato,Whipped Beans,Yellow and Green Beets,Pickled Peach,Diced	
Choice,Sandwich Soup,Tomato Vegetable Peach,Diced	Beef,Pot Pie Choice,Sandwich Peach,Diced	Pizza,Pepperoni 16" Presheeted Choice,Cookie OS	Peach,Slices Soup,Cream of Tomato	Choice,Yogurt Individual OS Choice,Sandwich	Choice,Sandwich Bread,Whole Wheat Applesauce	Chicken,Breast Baked Peas,Green Choice,Ice Cream	
DINNER							
Beef,Pot Roast Potato,Whipped with Beef Gravy Carrots,Sliced Chow Fruit,Tropical Salad Tart,Raisin OS	Chicken,Pot Pie Broccoli Chicken Gravy Peach,Diced	Fish,Haddock Baked Sauce,Tartar OS Potato,Boiled Sunrise Vegetable Fruit,Cocktail	Casserole,Cabbage Roll Bread,Garlic Pineapple Upside Down Cake	Chicken,Breast Baked Carrots,Baby Potato,Boiled Baby Red Jello	Pork,Cutlet Rib-Style Sauce,Barbecue Potato,Oven Roasted Squash,Butternut Roasted Choice,Cookie OS	Corn Beef Hash Chow Bread,Whole Wheat Pudding,Rice Creamy	
Fish,Cod Poached Mixed Vegetables-Winter Blend Banana,Fresh	Beef,Meatballs Potato,Whipped Peas,Green Choice,Cookie OS	Ham,Baked Beans,Wax	Beef,Pot Roast Carrots,Diced Potato,Whipped	Fish,Baked Zesty Peas,Green Potato,Whipped	Chicken,Breast Baked Potato,Whipped Carrots,Diced Pear,Sliced Banana,Fresh	Chicken,Strips OS Potato,Oven Roasted Peas,Green Bread,White Buttered 1 slice Choice,Cookie OS	

Meal Notes: Two Crackers are served every day at Lunch with Soup. 3 prunes are available every day at Breakfast. 180 ml Milk is offered at Breakfast,125 ml Milk is offered every day at Lunch and Dinner. 125 ml Assorted Juices (Orange, Apple, Pineapple, Cranberry, Blended, Tropical Passion, V-8 Vegetable Cocktail) are available every day at all meals. Minimum 125 ml Water is offered at every meal. 180 ml Coffee and Tea are offered every day at every meal.

Note: * Indicates standard menu items that are offered with all choices
BASE MENU DEVELOPED BY COMPLETE PURCHASING SERVICES INC./ GESPRA
MENU PERSONALIZED BY: York Care Centre

REGULAR WEEK AT A GLANCE Winter Menu Fall/Winter 23						
Week3: November 24 to November 30						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>
Cereal,Oatmeal Cereal,Cream of Wheat Egg,Boiled OS	Cereal,Oatmeal Cereal,Cream of Wheat Bacon	Cereal,Oatmeal Cereal,Cream of Wheat Cheese,Cheddar	Cereal,Oatmeal Cereal,Cream of Wheat Egg,Scrambled	Cereal,Oatmeal Cereal,Cream of Wheat Egg,Boiled OS	Cereal,Oatmeal Cereal,Cream of Wheat Cheese,Cheddar	Cereal,Oatmeal Cereal,Cream of Wheat Bacon
Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual
<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>
LUNCH						
			<i>*Soup,Tomato Vegetable</i>	<i>*Soup,Cream of Broccoli</i>		
Homemade Turkey Soup YCC Bread Crisp,Apple	Tomato Pasta with Chickpeas & Basil Fruit,Cocktail Bread,Whole Wheat	Soup,Seafood Chowder Bread,Dinner Roll White Applesauce	Beef,Hamburger Salad,Macaroni Pie,Fruit Forest OS	Fish,Cod Nuggets OS Sauce,Tartar OS Potato,French Fries Salad,Coleslaw Choice,Ice Cream	Sandwich,Sloppy Joe Potato,Wedges OS Choice,Pudding OS Dry Mix	Pork,Seasoned Roast Stuffing,Apple Braised Potato,Whipped Gravy,Brown Squash,Butternut Roasted Pie,Pumpkin
Soup,Harvest Vegetable Pudding,Vanilla OS Dry Mix	Choice,Sandwich Bread,White Choice,Fruit Fresh	Soup,Hearty Vegetable Choice,Sandwich Bread,Whole Wheat Pear,Diced	Sandwich,Chicken Salad Fruit,Tropical Salad	Choice,Sandwich Choice,Cookie OS	Choice,Sandwich Choice,Cookie OS	Chicken,Breast Baked Potato,Baked Peas,Green Banana,Fresh
DINNER						
Pork,Chop BBQ Pork,Chop Potato,Whipped Mixed Vegetables-Carrots & Peas Choice,Pudding OS Dry Mix	Beef,Salisbury Steak Mixed Vegetables-California Blend Gravy,Beef Potato,Whipped Cheesecake,Plain	Ham,Baked Smoked Potato,Boiled Cabbage and Carrots ,Boiled Cake,Banana Iced	Chicken,Breast Baked Sauce,Barbecue Potato,Whipped Turnip and Carrot Peach,Diced	Pork, Honey Garlic Potato,Whipped Mixed Vegetables-Stir Fry Blend Fruit,Tropical Salad	Pancakes Syrup,Maple Beans,Baked Banana,Fresh	Casserole,Beef Macaroni Bread,Garlic Fruit,Cocktail
Chicken,Breast Baked Peas,Green Mandarin Orange,Sections	Ham,Baked Bread,Whole Wheat Carrots,Diced Pineapple	Beef,Pot Roast Gravy,Beef Potato,Mashed Carrots,Diced	Fish,Baked Zesty Peas,Green Potato,Baked Fruit,Fresh in Season	Chicken,Breast Baked Peas,Green Potato,Baked Fruit,Fresh in Season	Choice,Sandwich Sausage,Breakfast Pineapple	Chicken,Strips OS Potato,Oven Roasted Cake,Chocolate Iced Broccoli

Meal Notes: Two Crackers are served every day at Lunch with Soup. 3 prunes are available every day at Breakfast. 180 ml Milk is offered at Breakfast,125 ml Milk is offered every day at Lunch and Dinner. 125 ml Assorted Juices (Orange, Apple, Pineapple, Cranberry, Blended, Tropical Passion, V-8 Vegetable Cocktail) are available every day at all meals. Minimum 125 ml Water is offered at every meal. 180 ml Coffee and Tea are offered every day at every meal.

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MENU PERSONALIZED BY: York Care Centre

REGULAR WEEK AT A GLANCE Winter Menu Fall/Winter 23						
Week4: December 1 to December 7						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>
Cereal,Oatmeal Cereal,Cream of Wheat Egg,Scrambled	Cereal,Oatmeal Cereal,Cream of Wheat Egg,Boiled OS	Cereal,Oatmeal Cereal,Cream of Wheat Bacon	Cereal,Oatmeal Cereal,Cream of Wheat Cheese,Cheddar	Cereal,Oatmeal Cereal,Cream of Wheat Egg,Boiled OS	Cereal,Oatmeal Cereal,Cream of Wheat Egg,Scrambled	Cereal,Oatmeal Cereal,Cream of Wheat Bacon
Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual
<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>
LUNCH						
		<i>*Soup,Harvest Vegetable</i>	<i>*Soup,Cream of Mushroom</i>			
Tater Tots Pie Salad,Cucumber and Tomato Mandarin Orange,Sections	Soup,Butternut Squash Fruit,Tropical Salad YCC Bread	Chicken,Strips OS Potato,Sweet Fries Bread,Dinner Roll Whole Wheat Choice,Ice Cream	Fish,Salmon Burger Salad,Potato Beets,Pickled Cooks Choice Desert	Chicken, Stuffed Broccoli and Cheese Salad,Macaroni Peach,Diced	Chicken,Stew YCC Bread Brownie,Two Bite OS	Casserole,Seafood Newburg Fruit,Cocktail
Mousse,Cappuccino Choice,Sandwich	Soup,Garden Vegetable Gelatin,Jewels with Whipped Topping	Beef,Pot Pie Peas,Green	Chicken,Burger Choice,Pudding OS Dry Mix	Choice,Sandwich Choice,Pudding OS Dry Mix	Choice,Sandwich Bread,Whole Wheat Applesauce	Chicken,Breast Baked Carrots,Diced Applesauce
DINNER						
Beef,Meatballs Mixed Vegetables-Stir Fry Blend Potato,Boiled Cream Puffs OS	Fish,Cakes OS Sauce,Tartar OS Potato,Whipped Mixed Vegetables-Winter Blend Cake,Carrot	Beef,Roast Gravy,Beef Potato,Whipped Peas,Green Rhubarb,Stewed	Chicken,Maple Thyme Baked Beans,Green Pear,Diced	Potato,Tots OS Sandwich,Beef Philly Cheesesteak Sunrise Vegetable Danish,Assorted OS	French Toast Syrup,Maple Sausage,Breakfast Mandarin Orange,Sections	Sandwich,Ham Salad Soup,Cream of Tomato Square,Old Fashioned Bar
Chicken,Breast Baked Carrots,Sliced Fruit,Cup Winter	Beef,Pot Roast Carrots,Diced Fruit,Cocktail Cake,Orange Iced OS	Ham,Baked Carrots,Diced Pear,Diced	Beef,Pot Roast Peas,Green Rhubarb,Stewed	Ham,Baked Peas,Green Pear,Diced	Choice,Sandwich Pineapple	Mandarin Orange,Sections

Meal Notes: Two Crackers are served every day at Lunch with Soup. 3 prunes are available every day at Breakfast. 180 ml Milk is offered at Breakfast,125 ml Milk is offered every day at Lunch and Dinner. 125 ml Assorted Juices (Orange, Apple, Pineapple, Cranberry, Blended, Tropical Passion, V-8 Vegetable Cocktail) are available every day at all meals. Minimum 125 ml Water is offered at every meal. 180 ml Coffee and Tea are offered every day at every meal.

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